Spiritual Mist

Transform Your Life Today

Discover Your Inner Self - Free resources

- LIFEexplained.com - a fantastic resource for anyone with questions about spirituality. There is a huge collection of short bite sized videos on a whole range of topics. Dive in and please do let me know what you think.
- Eric Pepin Higher Balance Institute - there's a whole host of free resources here for anyone interested in meditation and spiritual growth. A particularly wonderful video available

you tube is twenty minutes long and tracks the course of planet earth across the sun. Access the video here: Guided Meditation for Self-Realization | Eric Pepin

- Abby Wynne has some great resources for personal development
- Joel Schafer www.joelschafer.com has some fascinating podcasts and links to material from the eminent author Carlos Castaneda
- Yash Lynch - Spiritual Renaissance
- Jordan Thornton www.jordanthornton.com is a podcaster focussing on psychology and inner work, definitely worth a look.
- Free hypnosis meditations from Laura Ordile: https://lauraordile.com
- Reality Transurfing by Vadim Zeland (Audio Book) | Transurfing Kahuna | Podcasts on Audible

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Inner Time Architect with Music (mp3)

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Negativity Clearing Hypnosis Event With Music (mp3)

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Capturing Life's Moments: A Spiritual Odyssey Photo Collection

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